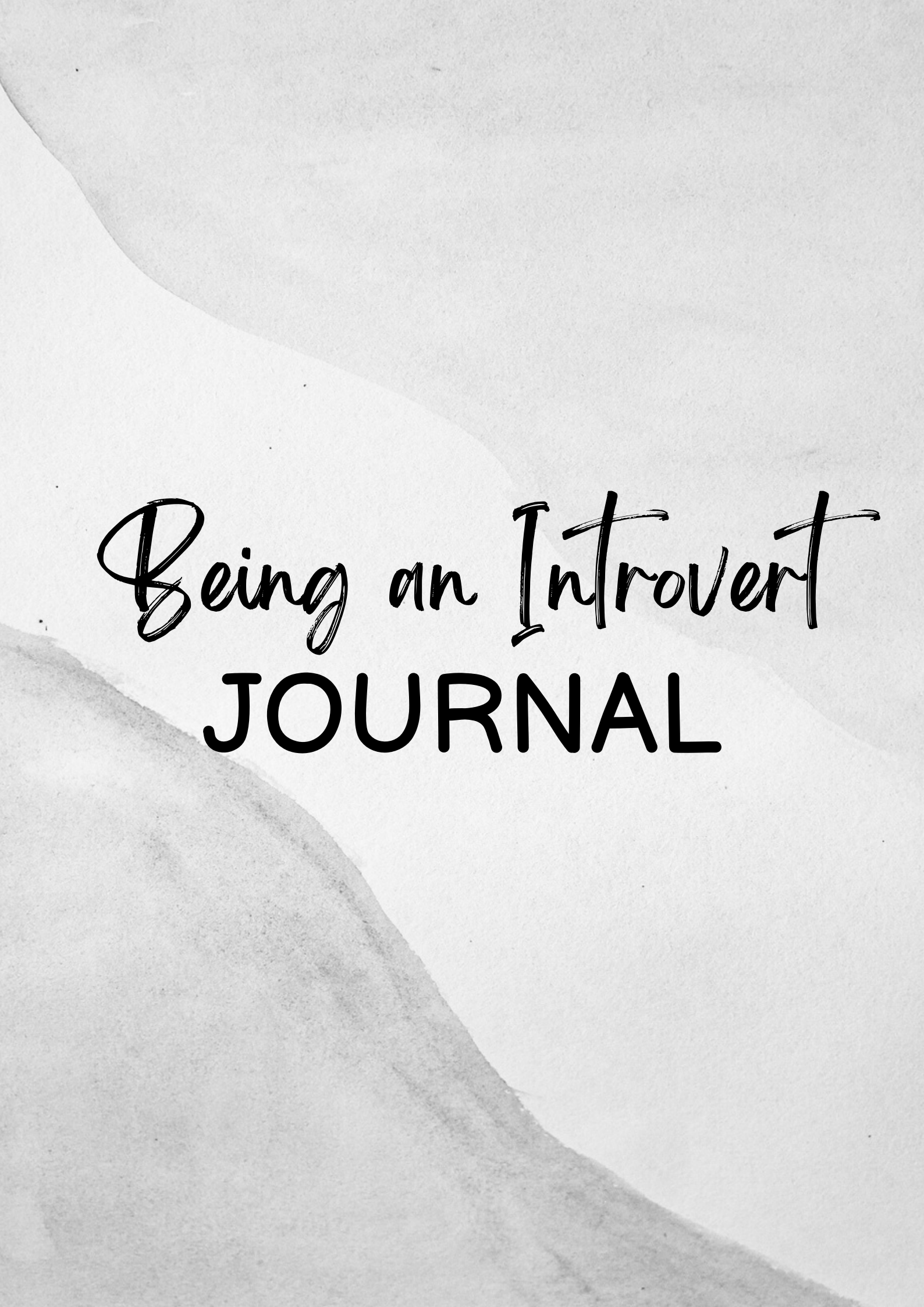




Being an Introvert JOURNAL

SELF-SOOTHING SKILLS

Many introverts find themselves overstimulated in crowds, noisy environments, or stressful situations. In these situations, self-soothing skills are helpful to reduce the feelings of overwhelm.

What are some things you can do physically to calm yourself in an overwhelming situation?

For example: slow your breathing, tighten and release muscles

What are some things you can say to yourself that might help calm you?

For example: "I can do this - just breathe." or "These feelings will subside - tense and release your muscles."

What are some things you can do that will distract you from the stimuli?

For example: put on earbuds and listen to music or an audiobook

SELF-SOOTHING SKILLS

What can you do before arriving at a situation that is likely to be overstimulating?

For example: buy ear plugs or noise reducing headphones

When you leave the situation, what can you do to recover? List as many things as you can think of.

For example: take a bath, go outside and breathe the fresh air

What tools can you use for these situations?

For example: essential oils, earbuds

SUPPORT NETWORK

It's important to have people in your life who understand you - those you can count on to support and understand you just as you are. These people don't want to change you and will not judge you for being yourself and making the choices that you make.

Think about your inner circle. This is usually family, friends, neighbors, co-workers, or roommates. Of these people, list those who are most accepting and understanding of you - the people you would call if you needed someone to listen without judgment.

If you can't identify anyone in your inner circle, think about the outer circle of support in your life. These are usually more formal relationships, like a therapist, someone in your support group, or a person you work or go to school with. Who in your outer circle is accepting and supportive?

If you're having trouble identifying anyone in your life who is there for you, it may be time to cultivate some new connections. What ideas do you have for meeting people who may be supportive and accepting?

CONT.

Have you spent time educating others about why you avoid certain events or situations or why it may be hard for you to think on your feet? What can you say to help others better understand you?

What responses have you received when you said, "No," to invitations, leaving a job that was overwhelming, or similar situations? For each one, write a reply that would explain your decisions and help them better understand.

COPING SKILLS

Are you an introvert? Key facts:

- 30 – 50% of people are introverts.
- Introverts get their energy from time alone, rather than from social stimulation.
- When we spend too much time socializing, we need alone time to recharge.
- We prefer to spend time with small, intimate groups and relate to others on a deeper level.
- We don't want to be extroverts – or different from who we are – most of the time.
- Some social situations are stressful because of the small talk and need to 'be on' – not because of social anxiety – though some have social anxiety.
- As introverts, we enjoy solitary things like gardening, reading, being in nature, and similar pastimes.
- We may spend a lot of time "in our heads," imagining or thinking of things that seem more interesting than what is happening in the outside world.

Why do you believe you are an introvert?

COPING SKILLS

What gives you energy: time alone or time with others?

What situations do you enjoy most when socializing?

If you ever feel like you have a "hangover" after being in crowds, how do you recover?

CONT.

How do you prefer to spend your time alone?

What is your ideal work situation?

How do you handle it when you are caught off guard and can't think of an immediate response?

CONSIDER WAYS TO RESPOND TO SITUATIONS THAT ARE DIFFICULT FOR YOU.

Take time to think of what you would want to say or how you
would want to handle the following scenarios:

Feeling tongue-tied during a meeting or presentation

Making a request with a deadline from a co-worker

Responding to a friend who is pressuring you to attend a big
event that seems overwhelming

CONSIDER WAYS TO RESPOND TO SITUATIONS THAT ARE DIFFICULT FOR YOU.

Surviving a holiday party with friends in a cramped house with
lots of noise

Participating in a performance review with your boss

Asking someone on a date

CONSIDER WAYS TO RESPOND TO SITUATIONS THAT ARE DIFFICULT FOR YOU.

Saying "no" to an invitation to dinner with friends

Explaining why you choose not to participate in events with
family or friends - like a family reunion

COPING STEPS

What steps can you take to help you cope with the negative emotion best way possible the next time you start to feel upset? Write them down below!

IF I START TO FEEL NEGATIVE EMOTION, THE FIRST STEP I WILL TAKE IS ...

1

THEN MY NEXT STEP WILL BE TO ...

2

MY FINAL STEP WILL BE TO ...

3

RELAXATION TECHNIQUES

TECHNIQUES TO RELAX MY MIND

TECHNIQUES TO RELAX MY BODY

TECHNIQUES TO RELAX MY BREATHING

TECHNIQUES TO RELAX MY NERVES

THINKING PATTERNS

THOUGHTS ABOUT
MYSELF

THOUGHTS ABOUT
OTHERS

THOUGHTS ABOUT THE WORLD

THOUGHTS ABOUT THE
FUTURE

POSITIVE THOUGHTS

[illegible]

GOING WITH THE FLOW

SITUATION

FOCUS ON YOUR POSITIVES (What are the good things in my life right now?)

LIVE IN YOUR MOMENT (What ways can I be present and relaxed?)

OPEN YOUR MIND TO BACK UP PLANS (What else can do to take care of myself?)

WELCOME COMMUNICATION CHANGE (How can I better communicate my needs?)

THINGS I
CAN CONTROL

WRITE YOUR AFFIRMATIONS

Using affirmations can help us change how we view ourselves. Affirmations are positive statements that are written in the present, or moving toward the goal. For example, I love and accept myself exactly as I am...

Think of affirmations for the following and write them below:

My body is ...

My mind is ...

My work is ...

WRITE YOUR AFFIRMATIONS

My relationships are ...

My health is ...

My home is ...

My friends are ...

WRITE YOUR AFFIRMATIONS

My finances are ...

My social life is ...

My sex life is ...

My spiritual life is ...

STOP NEGATIVE SELF TALK

Changing your self-talk takes increased awareness of the things you say to and about yourself. The goal is to recognize negative self-talk and correct yourself by replacing the negative with something more realistic and/or positive. Use this worksheet to record at least 3 negative thoughts or comments, then challenge the negative statement and restate it.

For example:

Negative: I am fat

Challenge: Are you sure it is true? How do you know it?

Restate: I do not like how I look in the mirror right now but I am working on improving it.

Negative:	
Challenge:	
Restate:	

Negative:	
Challenge:	
Restate:	

Negative:	
Challenge:	
Restate:	

STOP NEGATIVE SELF TALK

Negative:	
Challenge:	
Restate:	

Negative:	
Challenge:	
Restate:	

Negative:	
Challenge:	
Restate:	

Negative:	
Challenge:	
Restate:	